

Spring into Activities to Boost Your Wellbeing

March ushers in spring, Sherwood Assisted Living transforms into a haven of renewal. After winter's quiet retreat, the season's first blooms beckon us to shake off the past and step into a world of fresh possibilities. Our March Activity Calendar brims with chances to move, create, and connect—inviting every resident to embrace the energy of spring and rediscover what makes life vibrant.

This time of year is more than a change in weather; it's a chance to renew body and spirit. Research tells us that staying active—whether through a morning walk, a gentle fitness session, or a hands-on craft—lifts mood, sharpens the mind, and bolsters physical health. At Sherwood, these moments aren't just about filling the day; they spark energy and purpose. Spring whispers to us all: try something new. Dip a toe into a creative project, join a musical afternoon, or simply sit

with neighbors and share a story. Each step forward is a gift to your wellbeing.

Social connection, too, blossoms in spring's light. Gathering for a laugh-filled game, a themed celebration, or a casual chat over coffee weaves the threads of community that define Sherwood. Science backs this up—regular interaction reduces loneliness, eases stress, and even strengthens immunity. Whether it's a lively group outing or a quiet moment with friends, these bonds remind us we're not alone.

So, let's greet spring with open arms! Peek at the activity board, find something that stirs your curiosity, and join in. Shake off winter's shadow and let this season of renewal awaken your spirit. At Sherwood, every day offers a chance to grow, connect, and thrive—because here, spring isn't just outside; it's within us all.

**WELCOME BACK
THE
HONKY-TONK REBEL**



**MARIO
CARBONI**

**MONDAY,
MARCH 10
AT 2:30 P.M.**

**IN THE
REGENT DINING ROOM**

Join us for an unforgettable performance by Mario Carboni, renowned keyboardist who brings a true honky-tonk spirit to the stage!

**Exploring the
House of Learning**

Connie, Glenda and Joan are joined by Activity Assistant Tiffany on a rainy afternoon outing to Peninsula College's House of Learning. They enjoyed a guided tour of the art displays and learned how the longhouse serves six native tribes on the Olympic Peninsula.



MUSIC IN MARCH



In the Activity Room at 2:00 p.m.

The Secords — (Old Time Country) Monday, March 3.

Joe Schipani — (Accordion/Variety) Friday, March 17.

Celtic Fiddler Derek Stallman — Monday, March 17.

Buttercup Lane — (50s/Variety) Friday, March 21.

OTA Singers — (Singalong/Variety) Friday, March 28.

MUSIC IN SOUTH HAMPTON

In the Dining Room at 2:30 p.m.

Country Artist Buck Ellard — Tuesday, March 11.

Hawaii Amore with Roma — Tuesday, March 18.

Sax, Flute & Song with Craig Buhler — Tuesday, March 25.

Get on the Bus!



Board the bus from the Activity Room.

Riders must be able to use the stairs — there is no lift.

Walmart Shopping

Thursday, March 6 at 2 p.m.
From notions to snacks, whatever you need, Walmart probably has it.

Stymie's Bar & Grill at 7 Cedars Golf Course

Thursday, March 13 at 11:30 a.m. Enjoy dining on comfort food in a casual atmosphere overlooking the 7 Cedars Golf Course.

Airport Garden Center

Thursday, March 20 at 1:45 p.m. Enjoy the first day of spring strolling through the center's greenhouse and gift shop. We can make plans for our own raised bed garden in the Kensington Courtyard. We may be outdoors for awhile, so be sure to bring a jacket.

Signs of Spring Scenic Drive

Thursday, March 27 at 2 p.m. Join us on a tour of our beautiful Sequim Valley as we enjoy spring in bloom.

Now Showing at Sherwood

Movie Matinee

Saturdays at 2 p.m. in the Activity Room

March 1

Return of the Pink Panther
(1975 Comedy/Caper 1h 53m)

March 8

Magic in the Moonlight
(2014 PG-13 Romantic Comedy 1h 37m)

March 15

Enchanted
(2007 PG Musical/Fairy Tale 1h 47m)

March 22

Reagan
(2024 PG13 Biography/Drama 2h 21m)

March 29

Bonhoeffer: Pastor. Spy. Assassin.
(2024 PG13 History/Drama 2h 13m)

Documentaries

Thursdays at 10:45 a.m. in the Activity Room

March 6

Greenland: Survival at the Edge of the World pt. 1

March 13

Greenland: Survival at the Edge of the World pt. 2

March 20

Wildest: Islands of Zanzibar — Land of Giants

March 27

Wildest: Islands Caribbean — The Wild Side of Paradise

Daylight Saving Time begins Sunday, March 9. Don't forget to move your clocks ahead one hour!

